

The Redwood Log

Volunteer Newsletter



Muir Woods National Monument | Spring 2008

In This Issue:

§ **Park News** *pages 2-6*

Muirly Mia's Musings
Tradition of Trail Service: Restoring
Hillside Trail
Parks Conservancy News
Jim's Jabberings

§ **Natural History** *pages 7-10*

Salmon Stay at Sea
International Migratory Bird Day
Owl Season Begins
A Forest Planted on Redwood Creek

§ **Of Interpretive Interest** *pages 11-16*

Into the Digital Age for 'Into the
Redwood Forest'
Get Caught in the Wonderful
World of the Web
Summer Enrichment Opportunities
Introducing Interns
We've Got Compost
Inspirational Quotes
Volunteer Thanks & Service Hours

Muirly Mia's Musings

by Mia Monroe

Each day of early spring brings new discovery and the excitement of returning favorites: the woods is full of winter wren song and the flit of varied thrush, the Calif tortoiseshell butterflies flutter abundantly in every sunny area are a joy and this has to be one of the most abundant trillium blooms in memory! We also are anxiously sorting out the implications of this season's salmon crisis and await just what we'll learn about the barred owls (keeping our fingers crossed that the spotted owls have found a way to hold on) this year. Ahhh... the cycles of nature these days. But, it sure does add interest and currency to our interpretive contacts!

While watching each day unfold we are also thinking "big picture". Soon the public will learn about the four alternatives presented in the GMP...much new and different is proposed so tune in and let us know what you think. We also are the focus of a National Park and Conservation Association assessment called "State of the Park". The team was out here in late February to gather data and interview staff to do this deep look at just how well the natural and cultural resources are faring plus suggest critical steps to take. This will be very helpful and is a key piece on our Centennial wish list. Also, the prospectus for the next Muir Woods concession was just posted...first time this has been competitively bid and the call is out for a sustainable, healthy-food operation. This, too, is a big deal for the park.

The Muir Woods Route 66 shuttle will be operating again this summer. First buses roll the first Saturday of May. Weekends and holidays, this year the fare is \$3. Janet Roberts will again meet and greet visitors at the eastern end of the trip. We also will have a ranger to manage the lots and coordinate the shuttle, too.

Big Year...a special program to learn more about the GGNRA's endangered species...go on programs, do conservation activities to help each species. We sponsored fish programs in January, will host the owl work/walk in March and hope this program highlights just how challenged many species are but how important this national park is as a refuge. Check it out www.ggnrbigyear.org

OUR big year, the Centennial!, continues with special programs such as Celebration of Trees on April 21, International Migratory Bird Day on May 10 and the declaration of Cathedral Grove as a Quiet Spot on May 19. We also received new grants from the Save-the-Redwoods League to offer visitors a glimpse into the world of bats via recordings at the Visitor Center and a chance to measure the trees ...

More BIG news: we have a great crew of exceptional interns! Mike, Tessa and Nick: thanks for sharing your enthusiasm and time with the woods this spring!!! And, we welcome back Solange Russek...she's been connected to the woods for years, starting our first nursery, working on many of the trails, on the original Afterowlers team and now back as our Park Guide!

Celebrate spring: walk the newly upgraded Hillside Trail, read our brochure in 8 different languages on the website, welcome Solange back to Marin-GGNRA (once on the park's trail crew, she is now back as our park guide working at both Muir Woods and Marin Headlands) and participate in Mike's composting program!

Continuing the Tradition of Muirly Trail Service

by Mike Coffey

Seventy-five years ago our nation was in the grip of the Great Depression. Young men, veterans and families searched the country for a new start, better prospects and food for their families. In response, President Franklin D. Roosevelt initiated the “New Deal” economic stimulus programs out of which was born the work program California Conservation Corps (CCC). The CCC gave young men and veterans a chance to do work in the countryside of Marin County and earn a living, learn about themselves and continue the preservation and access work in Muir Woods. Among other work, bridges and drainage culverts are built on the Ben Johnson Trail and retaining walls are built on the Hillside Trail. Slowly, the country begins to turn the tide of the depression and these young men come back to society with a greater sense of purpose, pride and economic well-being.

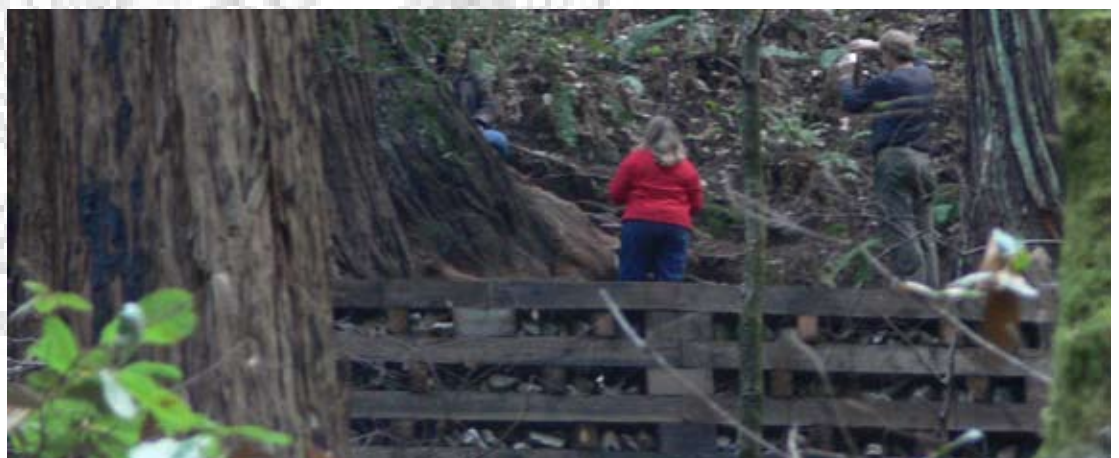
Fast forward 75 years to 2008, history repeats. A new group of young men and women are following in the footsteps of past generations hoping to find that same sense of purpose and pride. Volunteers from the Student Conservation Corps (SCA) with staff members from the Trails Department of the National Parks Service- Golden Gate National Recreation Area have completed their second season of rebuilding decayed sections of the Hillside Trail that the CCC had built those many years ago. SCA volunteers and NPS Trails staff work on an aggressive schedule through storms and the cold Muir Woods winter hauling tons of fill rock and timbers and building hundreds of square feet of retaining walls. Under the harshest conditions, these crews completed power tool work before Spotted Owl nesting season. The Hillside Trail has been re-opened for the arrival of spring and summer tourists. The trail rebuild is an on-going project and will continue next fall and winter.

SCA volunteer maintenance crews led by NPS staff members will continue work this spring on the Ben Johnson Trail preserving the bridge, tread and culvert structures built by CCC crews. These dedicated maintenance crews will also work on all the trails of Muir Woods and the Headlands of Marin County conducting inspections, making small repairs, opening drains and clearing fallen trees and encroaching brush.

As you walk the trails of Muir Woods this year, try to notice not only the beautiful scenery but also the work of young people over the generations, from around the country, which have created and maintained access to this special place.

Please stop and talk to any crews you may see in the park and learn the stories of the wide variety of young people who donate their sweat and effort to the continued preservation of our natural resources. As you do, listen for the echoes of those young men from the CCC 75 years ago who began the tradition of service and pride on the trails of Muir Woods.

Visitors on the newly restored Hillside Trail. Note the timber and rocks used to make the trail more durable.



Parks Conservancy News

by Alison Campbell

SUMMER HOURS

Our summer hours begin on March 9, with the arrival of daylight savings time. Starting on that date, fee collection will end at 6 pm and the visitor center will close at 7:30 pm.

SUMMER STAFF

Please help welcome our new employees: Wade Stevenson, Alice Kong, Jonathan Wilkendorf and Susannah Marriner.



NEW TITLES IN THE BOOKSTORE

NATURAL HISTORY: We have a variety of new titles in our natural history section for both adults and children.

Highlights include *No Way Home: The Decline of the World's Great Animal Migrations*; *Marin Flora: An Illustrated Manual of the Flowering Plants, Ferns, and Conifers of Marin County, California*; *Spotted Owls: Shadows in an Old Growth Forest*; and *Everything Bird: What Kids Really Want to Know About Birds*.

CULTURAL HISTORY: New titles include *Oh Ranger: True Stories from our National Parks, Mill Valley Then & Now*; and *Local Girl Makes History: Exploring Northern California's Kitsch Monuments*.

CENTENNIAL PRODUCTS

The first wave of Muir Woods centennial products arrived in time for our centennial event on January 9. They include matted prints by Stephen Joseph and centennial posters, T-shirts, caps, and pins. Many more products are in development, and should arrive later this year. Forthcoming products include a new edition of Muir Woods Redwood Refuge, a new cultural self guided tour, a Muir Woods meditations book, and two Muir Woods boxed notecard sets.

Park volunteers and Parks Conservancy members receive a 15% discount on all visitor center purchases.

Proceeds benefit the park.

Jim's Jabberings

by Jim MacDonald

"Interpretation addressed to children (say, up to the age of twelve) should not be a dilution of the presentation to adults, but should follow a fundamentally different approach. To be at its best it will require a separate program."

Interpreting Our Heritage, Freeman Tilden

Creating Children Programs

When preparing a program for children, it is best to tailor the program according to age. A good source is the California State Board of Education "Science Content Standards for California Public Schools". It is broken down into grades K-12 and what are the standards for those grades. Although you won't be able to incorporate all the standards, read through them and pick a few that can be incorporated into the program. Don't think you need to have a new program for every grade level. Lump them into group. The K-2 and 3-5 groupings seem to work best together. It does not hurt to challenge the students in their thinking. In other words, if it is a 3rd grade class, they may be ready for 5th grade challenges.

Programs should also be very interactive. If you just spew out facts and data to the students you will lose their attention immediately. But; when you are giving information, think in superlatives. Guess how tall the tallest redwood is. How many gallons of water can a redwood drink in a day? Always have things to show. A cone, seed, bobcat pelt, antlers, owl wing etc., will really make a difference.

Inquiry is a very important part of the any children's program. Make them think and come up with the answers. Think of questions that will guide them to their own conclusion. Use open end questions. Don't be afraid to pause. Give them time to think. You may want to rephrase the question. Use how and what questions and reinforce any answer. This will encourage not discourage participation.

When school groups are visiting the park, there may be a certain areas of subject matter that the teacher would like you to cover. Check the reservation form first to see if that was communicated at the time of the reservation. Always check with the teacher on-site and ask about their expectations. They may have a plan that will alter where you give your program. Explain to the teacher about your plan.

You may want to talk with the chaperones. It will give the opportunity to discuss their role in the visit. Some over enthusiastic chaperones will want to answer your open ended questions during the program. Explain that the program is for the students and you want them to come up with the answers on their own. You may also ask them not to hold conversations while you are presenting and to turn off cell phones and beepers.

On the next page are California science standards according to grade level. When developing your program, use these standards to help mold your program.

Jim's Jabbers On...

Continued from page 5

WHAT DO CHILDREN KNOW??

Kindergarten Students Know:

- how to observe and describe similarities and differences in the appearance and behavior of plants and animals (e.g., seed-bearing plants, birds, fish, and insects).
- how to identify major structures of common plants and animals (e.g., stems, leaves, roots, arms, wings, legs).
- use of the five senses.

Grade 1 Students Know:

- different plants and animals inhabit different kinds of environments and have external features that help them thrive in different kinds of places.
- plants need water and light.
- animals eat plants or other animals for food and may also use plants or other animals for shelter and nesting.
- roots are associated with the intake of water and soil nutrients and green leaves are associated with making food from sunlight.

Grade 2 Students Know:

- that organisms reproduce offspring of their own kind and that the offspring resemble their parents and one another.
- there is variation among individuals of one kind within a population.
- light, gravity, touch, or environmental stress can affect the germination, growth, and development of plants.
- flowers and fruits are associated with reproduction in plants.
- that soil is made partly from weathered rock and partly from organic materials and those soils differ in their color, texture, capacity to retain water, and ability to support the growth of many kinds of plants.

Grade 3 Students Know:

- plants and animals have structures that serve different functions in growth, survival, and reproduction.
- examples of diverse life forms in different environments.
- when the environment changes, some plants and animals survive and reproduce; others die or move to new locations.
- Students know that some kinds of organisms that once lived on Earth have completely disappeared and that some of those resembled others that are alive today.

Grade 4 Students Know:

- consumers (herbivores, carnivores, omnivores, and decomposers) are related in food chains and food webs and may compete with each other for resources in an ecosystem.
- decomposers, including many fungi, insects and microorganisms, recycle matter from dead plants and animals.
- ecosystems can be characterized by their living and nonliving components.
- that in any particular environment, some kinds of plants and animals survive well, some survive less well, and some cannot survive at all.
- many plants depend on animals for pollination and seed dispersal, and animals depend on plants for food and shelter.

Grade 5 Students Know:

- Water on Earth moves between the oceans and land through the process of evaporation and condensation.
- Students know water vapor in the air moves from one place to another and can form fog or clouds, which are tiny droplets of water or ice, and can fall to Earth as rain, hail, sleet, or snow.

Salmon Stay at Sea

by Sarah Koenen

There were many disappointed visitors, volunteers and staff at Muir Woods this year. With the return of the winter rains there was no return of adult salmon in Redwood Creek. Fisheries biologists reported that no Coho Salmon were found in Redwood Creek this year. Extremely low numbers of Steelhead were also reported in the creek this year. Shown here are some pictures taken of the few that did appear.

Although ultimately a mystery, there may have been contributing factors that led to an overall decline in spawning salmon in many of the creeks: Could it have been the hard rains that may have washed many of the young away in 2005? Was it the low food supply in the ocean when those who made it to the “smolt” stage headed out to sea? Were there more obstacles/ predators out at sea to prevent them from making it to adulthood? Although there is no evidence that the oil spill prevented their return to their native creeks, was it the late winter rains this year that prevented their return?

All of this adds up to one harsh reality - life is tough enough for an already endangered species but to have all of these obstacles thrown in, it makes it nearly impossible! We can only hope that the salmon of redwood creek decided to take an extended vacation at sea and will return next year.



International Migratory Bird Day

by Sarah Koenen

The second Saturday of May each year is set aside to celebrate migratory birds. And although some humans are called “snow birds” as they migrate south for the winter months, we have nothing on the true long distance travelers called migratory birds. The Arctic tern migrates 24,000 miles a year! And although we don’t have any Arctic Terns living in Muir Woods, we do have migrant birds that depend on the forest’s safe haven for part of their life. One such species is the varied thrush. They spend their winters here and migrate north for the summer to breed and raise their young. Unlike the arctic tern, the thrush’s migration route is much shorter, only traveling north to Canada and Alaska. Some of the other migratory birds that can be seen in and around Muir Woods include a variety of warblers, flycatchers, hummingbirds, and raptors.



Date: Saturday, May 10, 2008

Time: 7:00 am – 12:00 pm)

Where: Muir Woods National Monument

This year International Migratory Bird Day is Saturday, May 10, 2008! Muir Woods National Monument, along with many places throughout the United States, will be celebrating our amazing feathered friends. So come, bring your family and friends, and join in the celebration. You can find out if the early bird really does catch the worm by joining the Ong family at Muir Beach for a bird walk. Stop by and watch Point Reyes Bird Observatory ornithologists run a mist netting station where they safely capture, identify, measure and release native birds. Meet live raptors up close and personal with the Wild Care staff. Participate in a variety of family activities at Muir Woods or join the Redwood Creek Native Plant Nursery in restoring habitat crucial for the survival of migratory and residential birds. There will be a free shuttle running during the event from Muir Woods to Muir Beach making stops along the way for the different activities. This is just a taste of what will be happening. For more information, visit the Muir Woods National Monument web site at www.nps.gov/muwo or call 415-388-2596.



Owl Season Begins

by Timothy Jordan

On the evening of Saturday, February 2nd, as most visitors were leaving the park, a small group of hikers were preparing to head the opposite direction into Muir Woods with the hopes of glimpsing owls. The group was to hike the along the Ocean View-Fern Creek Trail loop, led by volunteer Steffan Bartschat, accompanied by ranger Timothy Jordan.

Before embarking on the expedition the group gathered first at the concession area to dissect owl pellets to gain insight into the diet of owls and how the waste is then processed. The group began its climb up the Ocean View Trail and nearly thirty minutes into the hike the call of an owl became audible from the nearby tree tops. It was not the barking typical of northern spotted owls, trail. This was the call of a Great Horned Owl, which flew from tree to tree as the group approached. Enthralled attendees watched the bird's silhouette glide silently across the sky.

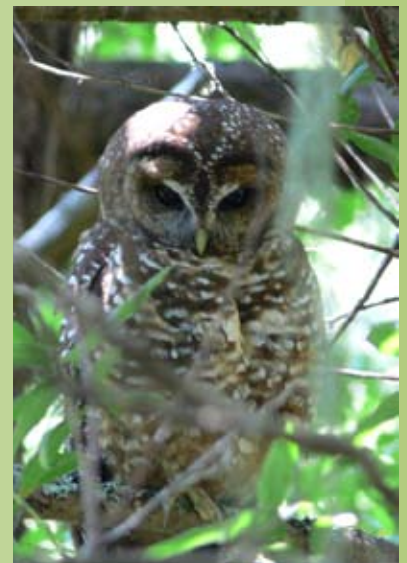
Between the months of February and July the northern spotted owls nest in Muir Woods. After months of separation mating pairs reunite to make a nest and to produce offspring for the new season. Over the last several years the native northern spotted owls have been displaced by the barred owl, a species from the south-eastern United States that has migrated to the west coast through Canada.

The images featured with this articles are of these two species and both pictures were taken right here at Muir Woods! If you see an owl while walking in the try to discern which type of owl it is. Pay attention to markings and location. If you have a camera try to get a picture -- avoid using flash. Above all, be sure to record your sighting in the Muir Woods administration office on the 'Owl Sightings' sheet on the main white board.

Don't miss your chance to attend an owl program at Muir Woods. There will be other owl programs during summer, as well as moonlight walks once a month. To sign up or obtain additional information about owl programs, call the Muir Woods ranger office at 415-388-2596.



The barred owl is a non-native species of redwood forests. Note the 'barred' pattern of brown and white on the chest.



The native Northern Spotted Owl is similar in appearance to the barred owl. They are more brown in color and have white 'spots' on the chest.

A Forest is Planted on Redwood Creek!

by Chris Freidel

Winter is planting time at the Redwood Creek Native Plant Nursery. It is the season when our baby native plants make the journey from their sheltered nursery birthplace to the harsh world of the restoration site. This year, most of our plants have been going to the former Banducci flower farm, in the lower reaches of Redwood Creek, where they've been exposed to winter winds, pounding rain, browsing deer, and the rubber boots of visiting school children. They've also gotten some tender care, as hundreds of volunteers placed them in the ground along the creek, and protected them with weed barriers and deer cages. Since October 2007, we have worked with 287 volunteers, who put in 1,036 hours of their time. We have planted 7,514 individual plants of 32 different species, from oaks, bays, buckeyes, and red alders in the canopy down to cow parsnip, bee plant, mugwort, and several varieties of native bunchgrass in the understory. The berry-producing shrubs, like twin-berry, elderberry, and dogwood, will be the last things planted.

We have also witnessed a couple of large flood events this winter at the Banducci site. The largest one was in late January, when the creek flooded into the former flower fields and actually flowed over the berm that surrounds our new red-legged frog habitat pond (which was engineered to withstand a 5-year flood)! We were all interested to see how the 6 new engineered logjams (ELJs) in the creek would interact with such high flows. The folks who designed the excavations and logjams (Kamman Hydrology and Engineering, Inc.) were happy to see gravel bars developing behind the 3 downstream ELJs; these should eventually lead to a more sinuous, meandering channel configuration in that stretch of the creek.

This spring and summer, because of a grant from the California Coastal Conservancy, we are fortunate to have the help of a Natural Resources crew from the Marin Conservation Corps. Ten workers will join us for 4 days each week to finish up the planting, start the weeding season, and help NPS's Tanya Baxter with removal of our favorite invasive plant, cape ivy. We expect to get a lot of work done as a result of this partnership.

There are also still plenty of ways for you to get involved with this exciting project. To help restore Redwood Creek this spring, join the Redwood Creek Nursery volunteers every Wednesday and Saturday, from 10 am to 1 pm. For more information, and for this week's meeting location, call (415) 383-4390, or email Alexis Jones at ajones@parksconservancy.org.



Into the Digital-Age for Into the Redwood Forest

by Mike Vernon



The 3rd through 5th grade “Into the Redwood Forest” environmental education program is getting a digital face lift! Intern Mike Vernon is in the process of creating a power-point slideshow that will replace the analog portion of the classroom visit. Currently, the in-class presentation requires that staff lug a 3x5 foot magnetic board weighing 20 lbs. through the urban labyrinth of San Francisco. Such a load is taxing enough for younger interns and is especially cumbersome for “senior” rangers like Jim.

While in the classroom, the educators explain the communities of a redwood forest (core, edge, riparian) by asking students to place magnets depicting plants and animals in the areas with appropriate environmental conditions (shady and cool vs. warm and dry). The magnets are hand drawn and do not capture the full beauty of our local flora and fauna. Throughout the presentation, educators share props from the woods such as bay leaves (for smell), buckeyes, animal pelts, and owl wings (for sound) to make connections between the abstract

magnetic board and the old growth forest the students will be visiting.

The major advantage of a digital presentation is that students will now be able to see color images of native species, as well watch footage of coho salmon in redwood creek and hear the bark of a Northern Spotted owl. Additionally, switching mediums will reduce the load carried by staff to a laptop computer and LCD projector. Having just finished school myself, I have some reservations about introducing innocent young children to the sterility of power-point presentations. However, I feel if we can incorporate enough interactive elements to keep the students engaged the new program will greatly enhance students’ educational experience. If you have any suggestions or would like to see the slideshow for yourself, please contact members of the education staff (Jim, Tessa, Nick, Mike).

Get Caught in the Wonderful World of the Web

by Sarah Koenen

Not Charlotte’s web but Muir Woods’ web -- site. The web site keeps growing. Now you can find a listing of park activities under “schedule of events.” You can download your very own copy of our park brochure in not only English but in several other foreign languages under “Plan Your Visit.” If you are interested in the full history of Muir Woods, you can download your very own complete copy of the Historical Resources Study for Muir Woods under the Centennial page. If that isn’t enough to keep you busy you can also look at past and present issues of the Redwood Log starting with Winter 2007.

So turn those computers on and surf on over to www.nps.gov/muwo to watch the Muir Woods’ web grow.

Summer Enrichment Opportunities

by Timothy Jordan

There are some exciting programs being offered by the Park Academy to NPS staff, interns, and volunteers this summer. Be sure to review the list below to see if anything catches your interest. To sign up for a course go to: www.parksconservancy.org and click on calendar to find the class listings. Look for the word 'register' in red. Happy learning!

JUNE

Vegetative Propagation – Friday 6/6 – 1:00 – 4:30 p.m.

Learn about plant propagation from cuttings, the physiology of root formation and gain hands-on experience in the secrets of rooting cuttings. Betty Young and Chelsea Ames instruct.

Grass Taxonomy – Tuesday 6/10 – 9:30 a.m. – 12:30 p.m.

Practice the identification of grass species through use of floral keys with Maria Alvarez at the Tennessee Valley Nursery.

Plant Nutrition – Thursday 6/19 – 1:00 p.m. – 4:30 p.m.

Learn the basics of plant nutrition with Betty Young and Brianna Schafer. Course includes a little chemistry, nutrient testing, and reading/interpreting lab results.

JULY

Safety Training for Field Hazards – Thursday 7/3 – 10:00 a.m. – 12:00 noon

Is it safe to go in the woods? Bruce Batzick (Park Integrated Pest Manager) teaches about how to protect yourself from hazards in the park such as West Nile virus, Hanta virus, Ticks, etc. Presidio 1216, library

Finding the Job for You – Tuesday 7/29 – 1:00 – 4:00 p.m.

Sharon Farrell (Cons. Dir; Natural Resource) and Theresa Griggs (Park Chief Ranger) teach about career choice support and search strategies for that perfect job. Presidio 1216

Pest and Pest Management – Thursday 7/21 -

Christa Conforti (Integrated Pest Manager)& Betty Young (dir of nurseries) teach Integrated Pest Management, Prevention, Identification, and least toxic treatment decision making.

AUGUST

Writing Research Articles for Publication – Thursday 8/14 – 9:00 – 12:00 noon

Publication is one way to ensure that work contributes to the future work in the park and the work of other land managers. Presidio Trust Vegetation Ecologist, Mark Frey, will cover the structure of a scientific paper and the publication process. Please bring an idea for a project or thoughts on a past project and we will work to develop those. Even very simple ideas or very small projects are suitable. Presidio 1216

Fern Propagation – Thursday 8/28 – 10:00 – 1:00 p.m.

An introduction to fern physiology and propagation led by Wendy Borne (Owner, Spore Born Nursery) and Brianna Schaefer (Manager, Presidio Nursery) at the Presidio Plant Nursery.

Intern Introduction

Tessa Peshek



First and foremost, I am a Floridian and proud of it! I am 23 years old and will graduate from the University of Florida this May with a Bachelor's in Natural Resource Recreation Management. Currently, I am interning at Muir Woods National Monument in the interpretation/environmental education position. I am very fond of this place already and decided to intern here because this ecosystem is entirely different from most in Florida. I've always considered myself to be a naturalist at heart and this is why I am looking forward to a career within the National Park Service or State Park Service. I've had prior experience with natural resource management while working at Paynes Prairie Preserve State Park in Florida and mainly removed invasive exotic plant species. I have one older brother and a twin sister that are back home as well as some great friends who I miss quite a bit. Some of my favorite hobbies are coin collecting, fossil hunting, fishing, cooking, and now hiking. I love to play soccer whenever I get a chance and I am excited to possibly go skiing sometime soon. I grew up in a small town with only one stoplight, so, for me, San Francisco is a slightly intimidating place to navigate through -- but I have high expectations. My family lives in a National Forest in Florida, which has allowed me to obtain a great respect for the outdoors while growing up, and has eventually led me down my current path in natural resources. I hope to make a positive impact on the places and people around me now, and in the future, and I can only dream to live in a world that is environmentally conscience one day.

Nick Ahlgrim

Growing up in Long Beach, there wasn't much wildlife around. My family went on trips every summer to one park or another and I fell in love with being outdoors. I lived in Los Angeles County until I graduated from high school. Then I went to film school in Ventura. After working in the film industry for the past few years I have wanted more and more to do something involving wildlife and nothing with film. After debating on what I should do with myself, I decided I wanted to work for the National Parks Service. I filled out the online application for Muir Woods not knowing where it was or what it was all about. I plan on becoming a ranger. I am using this internship to test the water to see if this is a field that I would like to make a career out of. Muir Woods is a amazing place and I am happy to work here.



We've Got Compost!!!

by Mike Vernon

In an effort to extend planetary stewardship beyond our professional roles here at Muir Woods, staff are encouraged to reduce their ecological footprint by returning organic waste directly to the soil where it can nurture the growth of new life. Compostable materials account for 20% of annual municipal waste in the US, which serve to exhaust the storage capacity of already overwhelmed landfills and require the emission of greenhouse gases for transportation. The organic matter accumulated at Muir Woods will be transported to the Marin Headlands where it can be incorporated in a compost system run by the Headlands Institute for local use by the native plant nursery.

There is a bucket for compostable materials in the kitchen located underneath the toaster.

What can be composted?

- Fruit and vegetable scraps
- Egg Shells
- Paper Towels
- Grains (bread, tortillas, rice)
- Coffee grounds/ Tea + filters

What cannot be composted?

- Meat
- Dairy Products
- Fried Foods (potato chips, fried rice, spaghetti)

If you have any questions or suggestions about the new system please talk to Mike Vernon (NPS intern)



Quotes of Inspiration

by Tim Jordan

The sight of the trees in the park that we work can be a great inspiration to the thousands of people that come visit. We should also keep in mind that on our public programs we are in a position to provide inspiring words that have been spoken by personages of historical importance. I have found a few quotes that I find particularly engaging. Perhaps they too will resonate with you and will be of use on your own programs. Enjoy!

“Most people are on the world, not in it - having no conscious sympathy or relationship to anything about them - undiffused, separate, and rigidly alone like marbles of polished stone, touching but separate”

- *John Muir*

“He that planteth a tree is a servant of God, he provideth a kindness for many generations, and faces that he haith not seen shall bless him.”

- *Henry Van Dyke 1852-1933*

“If I thought I was going to die tomorrow, I should nevertheless plant a tree today.”

- *Stephan Girard*

“I never saw a discontented tree. They grip the ground as though they liked it, and though fast rooted they travel about as far as we do.”

- *John Muir*

“A fool sees not the same tree that a wise man sees.”

- *William Blake*

“For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver.”

- *Martin Luther, 1483-1546*

“Climb the mountains and get their good tidings. Nature’s peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves.”

- *John Muir*

“Society speaks and all men listen, mountains speak and wise men listen”

- *John Muir*

Thanks to Our Muir Volunteers

by Tim Jordan

Muir Woods' centennial year has taken off at a full gallop! Already we have put on a highly publicized and memorable centennial celebratory ceremony, Muir Woods Earth Day and several other volunteer project days, and had numerous visitors coming out as the sun returns for the spring time. Our success this year has been in large part through the efforts of our volunteers, docents, and interns -- all of your efforts are greatly appreciated!

So pat yourself on the back for a job well done -- see at the right just how much hard work you have done in just January and February 2008! If you find discrepancies with the figures listed, or someone's name was not included please notify Tim Jordan and corrections will be made.



Do you know someone who would like to volunteer at Muir Woods during its centennial year? If so, you can tell them to call the Muir Woods administration office for more details on becoming a volunteer in the park.

If you have comments, suggestions, or would like to submit an article for the next edition of the Redwood Log, Please contact the editor, Timothy Jordan at: Timothy_Jordan@nps.gov

2008 Muir Woods Volunteer Hours (as of Feb. 29th, 2007)

Don Bixby	36
Jenie Chang	4
Joyce Crews	4
Joe Delaney	16
Roger Goldberg	43
Ellen Loring	6
Robert Mackler	5
Howard Miller	20
Eileen Ong	6
Gaelyn Ong	6
Norman Ong	6
Marvin Prager	49
Evelyn Rose	4
Catherine Ramberg	20
Parry Sadoff	15
Steffan Bartschat	4

2008 Intern Hours

Mike Vernon	336
Tessa Peshek	312
Nick Ahlgrim	192

